



MENTAL HEALTH TODAY AND TO THE FUTURE

Prof Julius Ogeng'o, DSc

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GLOBAL ISSUE



- * **970 million people** around the world struggle with some mental illness or drug abuse.
- * 1 in 4 people will be affected by a mental illness at some point in their lives
- * 14.3% of deaths worldwide, or approximately 8 million deaths each year, are attributable to mental disorders



IN AFRICA



- * Across the African Region, more than 116 million people were already estimated to be living with mental health conditions pre-pandemic.
- * An estimated 100 million people in Africa suffer from clinical depression, including 66 million women
- * Suicide rates remain particularly concerning, as are the exponential rates of alcohol use and abuse among adolescents as young as 13 years of age.



IN KENYA



25% of outpatients and 40% of in-patients



KEY ISSUES 1/2



- * Depression affects over 300 million people worldwide, regardless of culture, age, gender, religion, race or economic status.
- * More than 75% of people in low- and middle-income countries receive no treatment for depression.
- * Suicide is the fourth leading cause of death among people aged 15-29.
- * 178 million people worldwide suffer from a substance abuse disorder, including drugs and alcohol.



KEY ISSUES 2/2



- * Globally, substance use is responsible for 11.8 million deaths annually this is one in five deaths globally.
- * More than half of those who die from alcohol or drug overdoses are younger than 50.
- * In 2020, among the 14.2 million adults with a serious mental illness, 9.1 million (64.5%) received mental health treatment in the past year.
- * The percentage of young adults aged 18-25 years with a serious mental illness who received mental health treatment (57.6%) was lower than adults with a serious mental illness aged 26-49 years (63.0%) and aged 50 and older (72.9%).



MENTAL HEALTH AMONG THE YOUTH



- * 10–20% of children and adolescents worldwide experience mental health problems. The most recent systematic review focusing on sub-Saharan Africa reported that
- * One in seven children and adolescents experiences significant psychological challenges
- * **Prevalence:**
- * Depression (26.9%); anxiety disorders (29.8%); emotional and behavioral problems (40.8%); PTSD in one study (21.5%) and suicidal thoughts (20.8%).



CAUSES 1/2



- * Childhood abuse, trauma, or neglect.
- * Social isolation or loneliness.
- * Experiencing discrimination and stigma, including racism.
- * Social disadvantage, poverty or debt.
- * bereavement (losing someone close to you)
- * Severe or long-term stress.
- * Having a long-term physical health condition.
- * unemployment or losing your job



CAUSES 2/2



- * homelessness or poor housing
- * being a long-term carer for someone
- * drug and alcohol misuse
- * domestic violence, bullying or other abuse as an adult
- * significant trauma as an adult, such as military combat, being involved in a serious incident in which you feared for your life, or being the victim of a violent crime
- * Physical causes – for example, a head injury or a neurological condition such as epilepsy can have an impact on your behaviour and mood. (It's important to rule out potential physical causes before seeking further treatment for a mental health problem).



CONCERNS



- * Low Priority/Lack of Clear Mental Health Policy
- * Poor Health Infrastructure and Lack of Funding
- * Insufficient Number of Trained Specialists
- * Poor Legal Protection and Lack of Equity
- * Lack of Evidence-Based and Culturally Aligned Assessment and Treatment
- * Stigma, Discrimination and Human Rights Abuses



PREVENTION/CONTROL 1/2



Primary prevention: stopping mental health problems before they start

- * This focuses on stopping people from developing mental health problems and promoting good mental health for all. It often targets and benefits everyone in a community. Examples include anti-stigma campaigns such as [Mental Health Awareness Week](#) or teaching school children about emotions and mental ill health.



PREVENTION/CONTROL 2/2



Secondary prevention: supporting those at higher risk of experiencing mental health problems

- * This focuses on supporting people who are more likely to develop mental health problems, either because of characteristics they were born with or experiences they've had. It includes people who have experienced [trauma](#), people with [long-term physical health conditions](#) and victims of [hate crimes](#) for example.

Tertiary prevention: helping people living with mental health problems to stay well

- * This helps people with mental ill-health stay well and have a good quality of life. It aims to reduce people's symptoms, empower them to manage their well-being and reduce the risk of relapse.



ROLE OF COUNSELLING



1. Improved communication and interpersonal skills
2. Improved self-acceptance and self-esteem
3. Capability to change self-defeating behaviors and habits
4. More suitable expression and management of emotions
5. Relief from depression, anxiety, or other mental health conditions
6. Greater confidence and decision-making skills
7. Ability to manage stress more effectively
8. Improved abilities for problem-solving and conflict resolution